



NEW JERSEY AIR NATIONAL GUARD HEADQUARTERS NEW JERSEY AIR NATIONAL GUARD

16 October 2002

MEMORANDUM FOR 108ARW/CC 177FW/CC

FROM: NJANG/CC

SUBJECT: NJANG Weight Management Program

1. As discussed in detail at our 23 July 02 meeting with The Adjutant General, the health and well being of NJANG personnel is a top Command focus. It is expected that every NJANG member will be in compliance with weight and body fat standards outlined in ANGI 40-502, The Weight and Body Fat Management Program (WBFMP). All commanders will ensure this program is equitably enforced and all procedures in this instruction are followed.
2. Wing commanders are responsible for ensuring the integrity and efficiency of the Wing weight management program. A Top/Down approach will be employed. All personnel, with the expected focus on officers and senior NCOs, are required to meet and maintain maximum weight-body fat standards, thus leading by example. Individuals who do not meet these standards must be entered into the weight management program accordingly. Please be prepared to discuss your Wing's progress at the December UTA.
3. Physical appearance, in congruence with optimum physical fitness levels and the maintenance of desirable body composition, is a direct reflection on the New Jersey Air National Guard. Therefore, as citizen-soldiers, we must always strive to bring credit to the NJANG and the United States Air Force in all aspects of our military service.

CLARK W. MARTIN, Major General, NJANG
Commander

Cc: AXO
COS
MFPs
CCFs